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Vol. 1 Issue 2

USS RONALD REAGAN (CVN 76)

May 8, 2004

MWR plans underway fun

By AN Heather Beckham
Staff Writer

The Morale, Welfare and Recreation (MWR) staff is busy planning activities for USS Ronald Reagan (CVN 76) Sailors during the transit to San Diego.

From Sumo wrestling to scuba diving, MWR has something fun for everyone.

Many MWR events include prizes, which entice Sailors to participate.

"We're scheduling bingo every other week during underway periods," said ABHC (AW) Roger Scruggs, MWR Division. "Cash prizes will be given to the winners, to include up to \$1,000 for the 'black out' game." The cost to play bingo and the size of the prizes will depend on how many Sailors purchase game cards.

If Sailors think cash for bingo is big, the chance to win a new vehicle is huge. A raffle for a new vehicle is scheduled while the ship is enroute to San Diego.

"A 2004 Chevrolet Colorado is being raffled away," said Scruggs. "Tickets for the raffle will be \$5 a piece." The truck was donated to MWR for the raffle, slated to begin June 3. The winning ticket will be drawn at the end of the underway period.

With the new installation of Navy Cash on board, MWR only accepts Navy Cash cards. "Sailors must have a Navy Cash card to participate

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TAKE OFF!



by PH2 Charles Edwards

Members of the USS Ronald Reagan (CVN 76) flight deck crew scramble across the deck following the launch of an F/A 18 Hornet from VFA-15, Valions, during the ship's Flight Deck Certification, Thursday.

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No ventilation causes Sailors woe

By Naval Safety Center

Aboard an underway carrier, a safety petty officer reported that some guys in a berthing were gasping and complaining of sore throats. The industrial hygiene officer visited the space and confirmed the problem in the most effective way possible ... she immediately started feeling dizzy and short of breath. The ship's fire marshal and DCCPO soon calculated, via one of those gizmos with the tubes and gauges, the compartment had too little oxygen and too much carbon dioxide. Time to evacuate and rig a box fan over the escape scuttle.

A fair amount of sleuthing, head scratching and consulting the damage-control book revealed a minor problem. The berthing

had no supply or exhaust ventilation. The three-dozen occupants were breathing the same air for four days (this is not a plus in the quality-of-life column).

Back in port, workers found a 6-inch supply ventilation pipe that some rocket scientist, equipped with rudimentary knowledge of damage control and a bucket of haze-gray, had neatly sealed off and painted over. If that isn't the center spread photo in the next issue of shipboard boobytraps illustrated, I'll eat my emergency breathing apparatus.

So ... why hadn't anyone noticed? The problem was due to some inspired design work. The berthing's ventilation fan was four decks above, and the fan controller was one deck above that.

Food Services: *In the Spotlight*

Cooking 10,500 meals a day is no piece of cake

By JO3 Robbie Thomas
Staff Writer

Everyone remembers the time and effort mom put into good old-fashioned, home-cooked meals. But now mom's been relieved, and the culinary specialists on board USS Ronald Reagan (CVN 76) have taken over. They are doing everything they can to live up to mom's reputation, and on a much larger scale.

The Food Services division prepares 3,500 meals three times a day in a kitchen that never sleeps. Meals are prepared 24 hours a day to fill the ship's eight enlisted food lines, the chief's mess and wardrooms. The ship holds approximately \$15 million worth of food when fully stocked, according to Culinary Specialist 1st Class Clifton Wright, Food Service cargo supervisor.

During the ship's transit to San Diego, there should be no need to replenish food supplies. Ten different cargo refrigerators control food storage and hold enough food to last the ship 75 days before requiring provisions.

"If we need anything when we're deployed, we put in a request and it's delivered by Navy contracted ships," said Wright. "The supplies are loaded on a cargo net and then lifted over to us by a helicopter."

A typical day begins the night before when Food Services' night crew begins preparing the next day's meals. The night crew begins by chopping and dicing vegetables and

preparing several-hundred pounds of meat for one of many entrees.

"CSs on the night crew don't have a lighter workload just because it's nighttime," said Wright. "There's always someone awake and hungry."

Foods such as soups, gravy and ground beef are cooked in enormous pots, called coppers. A half-filled copper holds about 300 pounds of hamburger and feeds the crew for about two hours. Several are emptied for each meal.

"Fourteen entrees are offered at all times compared to two entrees offered by other ships," said Culinary Specialist Chief (SW/AW) Anthony Thompson, production manager. "Trying to have a nice variety of food available keeps us busy."

Fresh-baked goods give Ronald Reagan Sailors a solution to their sweet tooth.



by PHAN Paul Lavery Jr.
CSN Marcello Garcia, of Houston, places chicken on a baking tray in preparation for the crew's dinner.

The bakery produces all of the ship's desserts, including the specialty cakes for reenlistments and other ceremonies. The bakery prepares and serves between six to seven thousand cookies in a day. Several different desserts are offered on a daily basis, to include different

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by PH3 Kittipongse Amaritrat
CS2 Steven Miller, of Boston, is busy whipping up a batch of pepper pasta for the crew's lunch. Food Services prepares roughly 60 pounds of pasta for one meal.



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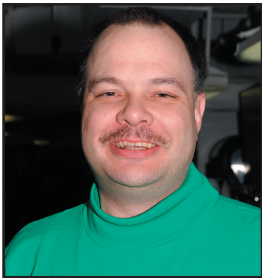


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Note: On the front page, the flag picture was taken by PHC(AW/SW) Michael Cole.

Reader's Choice...

If you could watch one movie on SITE TV, what would it be?



ABE1 Pete Sutherland
"We Were Soldiers"



CS1 Hubbard Ervin
"Goodfellas"



ABEAN Ashley Gasper
"Top Gun"



ET3 Marinne Grobves
"The Godfather"



AD3 Joel Castillo
"The Last Samurai"

FOOD

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varieties of cakes and pies.

An ice cream bar is open after lunch and dinner three times a week and for all holiday dinners. Food Services provide popcorn, pretzels and an average of 16 five-gallon buckets of various ice cream flavors at the ice cream bar.

Food Services provides a special meal for every holiday and ethnic event. Holiday meals require more preparation because of decorations and a wider food selection specific to the festivity. "We put a lot of enthusiasm into our special events to make Sailors feel

like it's really the holidays," said Culinary Specialist 2nd Class Marlon Moore, Food Services watch leader. "It makes work fun for us."

"Sailors on board have pretty stress-filled days," said Culinary Specialist 1st class (SWAW) Tremel Hoover, Food Services. "We want them to come here, get the best quality food and try to relax."

Mexico Independence reaches Ronald Reagan

by **AN Heather Beckham**
Staff Writer

Sailors filled the aft mess decks to capacity to enjoy the special foods and services available. Radiant red, white and green colors filled the spaces with a sense of joy. The ship's Food Services division strategically placed festive flowers, piñatas and streamers to celebrate Cinco de Mayo, Mexico's Independence Day.

"It's muy bueno," said Lt. Richard House, a chaplain for Religious Ministries Department. "S-2 really put their heart and soul into the food and decorations."

CS1 Tremel Hoover put together an assortment of Spanish dishes for Sailors to enjoy. Everyone was offered an assortment of peppers, Spanish rice, beans, chicken and beef enchiladas, and all the ingredients for a "gordo" taco.

"I put the last minute touches on everything just

before food lines began to open," said Hoover. "We take a lot of pride in our work and dedicate numerous hours to make our Sailors happy."

Sailors devoured savory desserts after stuffing themselves with the festive entrees.

Desserts included pies,

cookies, ice cream, petypoos and a cake with "Batalla de Puebla" (Cinco de Mayo) written on it.

"It's really great that S-2 put this together for all of us," said ABE2 David Jimenez, Air Department. "We are very appreciative for all the hard work."

Spanish Lessons...

"Tiene Cambio"

"Do you have change?"

Letters to the Editor

Dear Editor,

I've noticed there are no ship's movies for nights. Any reason why the schedule isn't the same for nights as for days? I work nights and the good movies you do show only people on days get to watch.

-- **Movie Lover**

Dear Movie Lover,

Currently, we get a wide range of channels

on TV with our satellite system. While we have programs like HBO, Showtime, TNT and others, everyone on board gets a plethora of movies and other programming to enjoy and we don't wear out our movie selection now before we really need them if and when satellite goes out.

-- **Editor**

Reel Time

The Perfect Storm

Tonight on
Channel 2

by **JO2 (sel) Shane Tuck**
Staff Writer

Based on a true story, "The Perfect Storm" chronicles the breathtaking journey of the Andrea Gail, a fishing boat from Massachusetts, into an unparalleled storm formation in the North Atlantic region in Oct. 1991.

ACTING = C+
DIRECTING = C+
STORYLINE = C-
C-TOGRAPHY = B+
OVERALL = C+

Captain Billy Tyne (George Clooney) decides to make the last fishing expedition of the season and aims for more distant and abundant waters.

Conflicts arise when the crew decides to ignore Captain Linda's (Mary Elizabeth Mastrantonio) radio warnings about the magnificent storm brewing close ahead.

The film initially focuses on each fisherman's personal situation. Although these depictions offer enough information about the characters' needs and devotion to the sea, they're not sufficient to create a sense of sympathy for each character.

Consequently, these scenes do not provide a setup that is effective, and the film fails to offer an intriguing premise as the basis for the drama that eventually unfolds.

However, by means of careful photography and spectacular special effects, "The Perfect Storm" is successful in its attempt to define the ocean as being truly magnificent when it is most dangerous ... or perfect!

MOVIES Tonight

Channel 2

Jackie Chan's Project A
Nuttty Professor 2: The Klumps
The Perfect Storm
Barbershop 2

Channel 5

28 Days

Bad Boys

Caddyshack

Clear and Present Danger

Tomorrow

Channel 2

What Lies Beneath
Adventures of Pluto Nash
Cold Mountain
Chain of Command

Channel 5

The Client

Dumb and Dumber

Frequency

Jurrasic park

MWR

Continued from front page

in bingo, raffles and tours," said Scruggs, a native of Nashville, Tenn.

Although no tours are finalized for the upcoming port visits, Scruggs assures there are many tours in the making. In addition to tours, the MWR committee is looking at providing inexpensive opportunities for Sailors to go hang gliding, scuba diving or have a beach picnic.

For Sailors who think they possess a talent, they will have

the chance to showcase it during the transit to San Diego. A talent show and Ronald Reagan version of American Idol are on the menu. All talented Ronald Reagan Sailors are encouraged to participate.

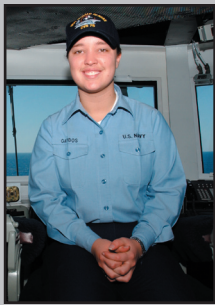
"Sumo wrestling, sword tournaments and fast pitch softball are sure to draw lots of laughs," said Scruggs. "Sailors may also participate in the jump rope, spades and domino competitions. Numerous events are in the schedule and others are coming together."

If a quiet night in berthing sounds appealing, the MWR office currently has 400 DVDs, 40 DVD players and 6 Playstations with 21 games, as well as sports equipment to sign out. There is no cost to the Sailor if the items are returned within 24 hours; however, there are fees for returning merchandise late. The fees can be as much as \$5 a day, depending on the item. "Please be respectful to other shipmates who wish to rent and return products on time," said Scruggs. "Other Sailors want to use these items, so remember them and return everything on time."

Gyms are now open 24 hours

while underway. As an upgrade to the facilities, MWR will be mounting mirrors in all three workout locations. "They're fragile and very expensive, so please don't touch," said Scruggs. "The mirrors are crystal clear and, if pressed too hard, Sailors can fall through them."

All questions or concerns for the MWR committee should be directed to Leslie Elvebak, MWR coordinator, or Scruggs at J-dial 6031 or 6225. "If the crew supports MWR, then MWR will support the crew," said Scruggs. "We're working hard to show everyone a good time."

Thursday**Sailor of the Day
AN Dena Gaydos**

Name: **Dena Gaydos**

Rate / Rank: **AN**

Dept: **Weapons**

Where are you from? **Lincoln Park, Mich.**

Why did you join the Navy? **Serve my country**

What did you do before you joined the Navy? **Worked at GNC**

Your favorite place to visit? **Family in Florida**

Your favorite movie? **The Punisher**

Your favorite book? **None**

What's your favorite song?

Anything by Alisha Keyes

What inspires you? **Mom**

Who do you hold responsible for your success? **Myself**

What's your favorite quote? **The person who has everything, has everything to lose**

What piece of advice would you pass on to others? **Do your best**

Friday**Sailor of the Day
DCFN Shawn Hendrickson**

Name: **Shawn Hendrickson**

Rate / Rank: **DCFN**

Dept: **Engineering**

Where are you from?

Estacada, Ore.

Why did you join the Navy?

Continue education

What did you do before you joined the Navy? **High school**

Your favorite place to visit? **Virginia**

Your favorite movie? **Fight Club**

Your favorite book? **Harry Potter**

What's your favorite song? **"Living Dead Girl" by Rob Zombie**

What inspires you?

My chain of command

Who do you hold responsible for your success? **His work center supervisor, DC2 Chris Stole**

What's your favorite quote?

Excellent is good enough

What piece of advice would you pass on to others? **Keep on trucking**

Emerald Knights support Reagan flight operations

By Lt. Cmdr. Mike Fox

HS-75 PAO

USS Ronald Reagan (CVN 76) has been conducting flight deck certification and carrier qualifications, which takes the ship one step closer to going "around the horn" and becoming operationally ready to take on any task world-wide.

Reagan has been accompanied by the Emerald Knights of Helicopter Antisubmarine Squadron SEVEN FIVE, based in Jacksonville, Fla., during this underway period to assist with carrier qualifications and anti-terrorism force protection with the SH-60F Seahawk helicopter.

"Our primary mission is anti-submarine warfare (ASW)," said Cmdr. Mike Branco, commanding officer of HS-75. "We also perform search and rescue missions and help provide operational combat support."

Branco is cruising for his last time at HS-75. His change of command ceremony is slated for June 12.

"I am very proud of what all the people in my command have accomplished. Everyone performs to their highest levels and produces outstanding results on-time, every time," said Branco.

HS-75 is the key to search and rescue as well as routine flight operations.



Cmdr. Mike Branco

"We play a vital role in carrier flight operations," said Lt. Cmdr. Mike Fox, squadron public affairs officer. "If we are hard down and can't fly, flight operations cease."

HS-75 supports all the Atlantic Fleet aircraft carriers with qualifications.

"Our goal is to arrive on any ship as an asset to whatever the commanding officer or air boss needs," said Fox.

HS-75 is unique because they are comprised of active and reserve personnel who bring a wealth of knowledge to the Fleet. Most enlisted personnel are seasoned in their rate, and the pilots and aircrew average more than 3,000 flight hours.

HS-75 supports carrier operations to increase the squadron's ASW proficiency and exercise aircraft gear and weapons systems.

"With experience and maturity, we run a fine-tuned maintenance unit which keeps our aircraft flying and mission-capable," said Lt. Cmdr. Rob Pritchard, HS-75 maintenance officer.

Recently, HS-75 advanced several E4-E6 personnel. Congratulations go out to: AZ3 Mike Brenner, AM3 Dave Carawan, AW1 Shawn Decota, DK1 Evelyn Dowdell, AW2 Travis Juhr, AM1 Jose Morales, SK3 Ed Orellana, SK2 Kahlil Ruff, AE1 Chad Stultz and AZ3 Clarissa Washington.

HS-75 appreciates the hospitality of Ronald Reagan, and looks forward to bringing a reserve presence again that fit into any future flight operation.